



Courteous Canine, Inc.

Results the FUN way!



Preventing Boredom Free Training Guide

Keeping our furry friends mentally stimulated and engaged is crucial, especially during recovery or when they have lots of pent-up energy. Here are three fun and creative ways to prevent boredom for your young, active pup or one on the mend:

- Sensory Treasure Hunt 🕵️: Engage your dog's senses with a fun treasure hunt around the house or yard. Start by hiding some of their favorite treats or toys in various spots. Encourage them to use their nose to sniff out the hidden

treasures. You can gradually increase the difficulty by hiding the items in more challenging places or using scent trails to lead them to the goodies. This activity not only provides mental stimulation but also satisfies their natural instinct to hunt and explore. An expansion on the same idea is to do this outside but allowing your dog to guide you to sniff the smells of nature. Many dog enjoy smelling flowering plants! What will your dog enjoy sniffing?

- **DIY Puzzle Toys 🟡:** Get creative with household items to make homemade puzzle toys. For example, you can place treats inside a muffin tin, cover each compartment with tennis balls, and let your dog figure out how to uncover the goodies. Another idea is to stuff a cardboard toilet paper roll with treats, fold the ends, and let your dog roll it around to release the treats. The possibilities are endless, and it's a great way to stimulate your dog's problem-solving skills while keeping them entertained.
- **Interactive Training Sessions 🐾:** Turn training into a fun game for both you and your pup. Teach them new tricks or

reinforce basic obedience cues like sit, stay, and come. Use positive reinforcement techniques such as treats, toys, and play to make the training sessions enjoyable. You can also incorporate interactive toys like tug ropes or flirt poles into the training routine to add an extra element of excitement. Not only does this keep your dog mentally engaged, but it also strengthens your bond and improves their behavior.

- **Bonus Consider enrolling in our Boredom Busters One-Time 90 Minute Workshop.**

Remember, the key is to tailor the activities to your dog's individual preferences and abilities. Keep the sessions short and positive, and always supervise your dog during playtime to ensure their safety. With a little creativity and patience, you can provide your furry friend with hours of entertainment and mental stimulation!

For more information CourteousCanine.com

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